The Fire and Emergency Medical Services News







Winter 2004

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A Service of New Hampshire Division of Fire Standards & Training

"Training on the Leading Edge"

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New Hampshire Fire & Emergency Medical Services:

Welcome to winter...as I write this it is still fall; however, it is also 9° F outside and that dreaded white stuff is on the ground! This reminds me that we all need to use additional safety while we are working during this time of year, including driving safely in the icy conditions. Remember December 2^{nd} , the unusual icy conditions where there were numerous accidents around the state, some including emergency vehicles! Remember when we walk around an emergency scene that the conditions can be treacherous. Remember that ladders do not seat well on ice. Remember that lifting patients without good footing is dangerous for at least three at the same time. Remember that we were all taught good safe practices in our training...don't neglect them just because training is not "real world" even though we try to make it as close as possible!

Nationwide there were 100 firefighter fatalities in the calendar year 2000: stress/overexertion = 38, vehicle collisions = 24, structural collapse = 12, struck by object = 9, caught/trapped = 4; lost/disoriented = 4, other = 5, falls = 3, exposure = 1, assault = 1. Stress and overexertion still tops the list, and vehicle collisions are still a close second! Why is this...is our training and attitude toward safety not focused on the real problems? Now the 38% in the stress column is getting better in comparison; however, it is still way too high (2001-41.2%, 2000-44%, 1999-49%, 1998-46%, 1997-43%, 1996-50%). While traumatic events, and working at these events, cause extreme stress, there are still ways of combating the high risk...it is called physical fitness! It is called height and weight ratios! It is called taking care of us first! Now anyone who knows me also knows that I could shed about 30 pounds, and that my treadmill at home is a great place to hang laundry...so I guess I need to practice what I preach. This is the year, join me in addressing self-fitness, I dare you...and I guess I dare me, too, as this is in writing!

Well in closing I hope everyone had a great holiday season and a great 2003...I can't believe it is actually 2004! Where does time go. Please have a SAFE year and we'll chat again later!

Sincerely

Rick Mason

All statistics from the United States Fire Administration's "Firefighter Fatalities in the United States in 2002." Go to: http://www.usfa.fema.gov/downloads/pdf/publications/fa-260.pdf

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CALENDAR OF EVENTS

EMERGENCY MEDICAL SERVICES: Watch for future listings

FIRE INSTRUCTOR PROGRAMS: Watch for future listings

FIRE OFFICER PROGRAMS: Watch for future listings

FIREFIGHTER PROGRAMS:

| 03/09/04 - 07/20/04 | Firefighter I | NHFA |
|---------------------|------------------------------|------|
| 03/08/04 - 05/10/04 | Firefighter II | NHFA |
| 04/12/04 - 04/20/04 | Certified Career Firefighter | NHFA |
| 03/29/04 - 06/11/04 | Recruit School 2004 | NHFA |

HAZARDOUS MATERIALS PROGRAMS: Watch for future listings

INDUSTRIAL TRAINING: Watch for future listings

NATIONAL FIRE ACADEMY PROGRAMS:

03/11/04 - 04/15/04 Fire Inspector I Goffstown Fire Department

SPECIALTY PROGRAMS: Watch for future listings
TERRORISM PROGRAMS: Watch for future listings

TRAIN-THE-TRAINER PROGRAMS: Watch for future listings

ATTENTION INSTRUCTORS

SOCIAL SECURITY NUMBERS MUST BE ON THE A-4 PAYMENT VOUCHER-TRAVEL FORM.
THIS IS YOUR VENDOR NUMBER WITH THE NEW HAMPSHIRE TREASURY AND THE ONLY WAY YOU CAN GET PAID IS BY HAVING THE NUMBER ON YOUR FORM.

Thank you!

Type I and Type II Classes

Effective January 1, 2004:

All major classes offered by the NH Fire Academy have been separated into two classifications. We will be offering Type I and Type II classes.

Type I classes involve multiple things. These classes are very labor intensive and need time to make sure that everything is done to the best of our ability. The course approval form must be approved 60 days prior to the start day of classes. All applications for the class must go through the Academy application process 30 days prior to the start of class. This will give us the time to check prerequisites and send out confirmation letters to those who were accepted. This will give us more time to fill the classes.

Type II classes are short, easy to run classes that do not take many people hours to process the class. Most of the NFA classes will fall under this category with the exception of the Rescue System's classes. Type II classes need only 30 days prior to the start of class to be approved. This will give us the time to make sure that we have an instructor and all the teaching materials that are needed. **Academy Applications are also needed.**

Type I classes:

| Firefighter I, II, & III | C2F2 | HazMat Decon | Airport Firefighter |
|--------------------------|-----------|--------------------------|---------------------|
| Rescue Systems I & II | ITRS | HazMat Tech | Driver Operator/ |
| Fire Officer I & II | RIT | Fire Inspector I | Ariel Apparatus |
| Fire & EMS Instructor I | Flashover | ARFF 8 Hour re-cert burn | Pumping Apparatus |
| | | | All Vehicle |

DOTE ME

Type II classes:

| HazMat Operations | ICS | RTT-MI |
|-------------------------|--------|---|
| ERT Series of classes | RTT-I | Leadership I, II, & III |
| Incident Safety Officer | RTT-EB | Instructional Techniques for the Fire Officer |



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KEARSARGE MUTUAL AID SYSTEM, INC.

UPCOMING MEETINGS:

January 21, 2004, 1900 hours, at the Newport Fire Station.

An Update on the TEMSIS Project

The TEMSIS Project or the Trauma and Emergency Medical Services Information System began as a result of reorganizing the New Hampshire Bureau of Emergency Medical Services (NHBEMS). Under the reorganization plans, Goal One, Objective Two is to "develop a Patient Care Reporting (PCR) system that can be linked with a statewide database." To realize this goal NHBEMS assembled a stakeholders group, which represents the EMS community, and those interested in EMS Data. After the first meeting in March 2003, the large group of about 30 people has divided into four smaller groups, each with a unique function.

The four groups are Data Elements — Clinical, Data Elements — Operational, Finance and Legislation, and Education and Marketing. The Clinical Group which is starting

with the national data set is interested in describing the assessment and treatment of the patient. The Operational Group is interested in describing the workings of EMS. The Finance and Legislative Group is examining any funding needs for the project and needed law or rule changes. Finally the Education and Marketing Group is interested in the presentation of this project to the general EMS public.

The Data Elements Groups have finished their work and the TEMSIS data set is being assembled. The large group is getting input from other areas that have gone through the same process and viewing product examples from vendors.

For any questions please contact John Clark, Trauma Documentation Coordinator or Fred von Recklinghausen, Research Coordinator at 603-271-4568.

THE BUREAU OF EMS WEB SITE NEEDS YOU!!!

Bureau Web Site: http://www.state.nh.us/safety/ems

Have you logged into the New Hampshire Bureau of Emergency Medical Services (NHBEMS) web site? Have you looked around? The Field Services Section wants to hear from you...

We would like to know what you think...is the site informative, user friendly, current and easy to "get around"? What else should we add? Do you know of links that should be included? Please send your comments to Kathy Doolan, Field Services Coordinator – e-mail: kdoolan@nhems.mv.com or mail to K. Doolan – NHBEMS, Upper Valley EMS Office, c/o 33 Hazen Drive, Concord, NH 03305.

Please include your name, return/e-mail address and phone number so that we can respond to your suggestions or be in touch for additional clarification.

ALSO - If you have an EMS Event or Training session that you would like to have publicized via the web site or monthly "Course & Exam Schedule", we can assist with most requests. Send information to David Dow, Field Service Representative at e-mail: ddow@nhems.mv.com or mail to D. Dow - NHBEMS, Southern NH EMS Office, PO Box 125, Wilton, NH 03086.

The "Course and Exam Schedule" is mailed monthly to every licensed EMS unit plus a number of others in the EMS community. The web site version is updated weekly.



NH FOREST FIRE SERVICES

News & Notes

Remember . . . Safety First . . . On Every Incident . . . Every Time!

Some Tentative 2004 training dates:

Thursday, March 11, 2004 - Windham FD - 18:00 hours - Warden duties and Forest Laws

Saturday, April 3, 2004 - Farmington FD - no time set yet - Wildfire Investigation

Thursday, April 22, 2004 - Brentwood FD - 18:30 hours - Warden duties

Saturday, April 24, 2004 - Brentwood FD - 09:00 hours - Wildfire Investigation

TBD- Saturday in April - Swanzey FD - 09:00 hours - Wildfire Investigation

More dates will be announced and we'll be sending out a mailing to Forest Fire Wardens and FD training officers early in 2004. Also, please check our website at www.nhdfl.org for upcoming events and training.

Upcoming changes in Forest Protection: As I write this article, the bureau is scheduling the written exams, physical fitness tests and interviews for a new Regional Ranger position and two (2) new Forest Ranger I positions. We have five (5) candidates for the regional ranger's position and eighteen (18) candidates for the two entry level ranger positions. Once these positions are filled we will be reorganizing our districts and regions to adapt to the new positions and people. You can expect better service from the bureau; you just may have a different person showing up at events and your station to deliver the services.

We will be conducting more tests on our radio frequencies and will be in the digital mode for the winter months, but do expect to go back to analog at the start of the spring 2004 fire season.

As you can tell from several of the training sessions we are working to better define the Forest Fire Warden responsibilities and duties. We are not asking the wardens to do more but we are documenting these expectations to assist the Forest Fire Warden, the fire service and the community officials that recommend these people to better understand what functions the position is responsible for doing. Some of these functions may be delegated. We believe that these functions are necessary and that someone (the Warden) is responsible for seeing that these issues are addressed in each community.

Federation of Fire Mutual Aid Associations of NH:

The first meeting of this association is scheduled for Wednesday, January 21, 2004 at 19:00 hours at the Lakes Region Fire Mutual Aid offices in Laconia. We strongly encourage at least one representative from each mutual aid association to attend and share information. We are making great strides to get our task groups and strike teams identified and listed for many services within NH. Please contact Chief Nelson at the NH Forest Protection Bureau PO Box 1856 Concord, NH 03302-1856, or call 271-2217 or email bnelson@dred.state.nh.us to let the Federation know whom your local association officers are and how to reach you!

AIRBORNE PATHOGENS CURRICULUM

The NH Bureau of Emergency Medical Services (NHBEMS), in cooperation with the NH Department of Health & Human Services (NHDHHS) and an Airborne Pathogens Working Group, has developed an educational program to enhance emergency responders' knowledge of respiratory communicable diseases and to improve their ability to protect themselves against airborne pathogens. For information on the new program please contact Bill Wood, Preparedness Coordinator (NHBEMS) at (603)-271-4615/NH: 1-888-827-5367 X 230 or bwood@safety.state.nh.us.

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STATE OF NEW HAMPSHIRE DEPARTMENT OF SAFETY

Richard M. Flynn, Commissioner

Division of Fire Safety & Emergency Management OFFICE OF THE STATE FIRE MARSHAL

Office: Richard M. Flynn Fire Academy, Route 106, Concord, NH Mailing Address: 33 Hazen Drive, Concord, NH 03305 603-271-3294. FAX 603-271-1091



INFORMATIONAL BULLETIN 2003-04 November 11, 2003

FIRE CODE ISSUES IN EDUCATIONAL OCCUPANICES FOR BOTH THE FIRE SERVICE AND EDUCATIONAL COMMUNITY

The State of NH adopts the State Fire Code and references a number of national codes to develop a set of requirements for fire safety in each type of occupancy. The codes are broken up by occupancy in an attempt to address the needs and requirements of each type of use based on what the space is used for and the safety concerns that it presents. The local fire department is the authority charged with enforcing these requirements. Although most schools have an area that is classified as assembly occupancy, such as the gym or auditorium, we will address the Educational Occupancy in this bulletin. All of the code cites come from NFPA 101, The Life Safety Code®, 2000 ed. These issues are often misunderstood and not consistently enforced. NFPA 101, Chapters 14 and 15 deal with the fire safety issues faced in the educational environment. These chapters are some of the longest in the book, but only the ones most commonly misunderstood are mentioned here. Please make sure the proper authorities are involved to make a full inspection of the school each year to ensure a safe environment for the children and staff. If you have any question about what you read here, please call your local fire department or the State Fire Marshal's Office at (603) 271-3294.

Codes and the Education Environment:

Artwork and teaching material shall not exceed 20 percent of the wall area when attached to the wall. This is most often a concern in classrooms for younger children and in art rooms. Although we all understand the need and desire to have the children display their work, and for teachers to use posters and displays in their lessons, but these loose combustibles are such a fire hazard this cannot be overlooked. It is important to understand that there are ways to ensure the 20% rule is not exceeded and to display more than the allowed 20% if needed. Bulletin boards are highly recommended because it is easy to determine how much of the wall is allowed to be covered as long as only the face of the board is used. And if non-combustible display cases (glass) were used, these areas would not count against the 20%. Glass cases are highly recommended in art classrooms because of the constant need for display space. In addition, if children's work is attached to the wall, there should be separations between large concentrations. A small bulletin board or section of hanging paper is preferable to a string of papers going all the way around the room. (101:14/15.7.3.3)

Because hallways and means of egress are an integral part of the fire safety of any building, it is imperative that they be maintained. These shall be continuously monitored to ensure that they are free of all obstructions or impediments to full and instant use. No furniture, storage, decorations, or other objects shall obstruct exits, access thereto, egress therefrom, or visibility thereof. (101:7.1.10) In addition, the code prohibits the storage of clothing and personal effects in corridors, please contact your local fire department if your school has this situation as there are a number of exceptions depending on the construction. (101:14/15.7.3.2)

Although the desire to bring a touch of home into the classroom is understood, very few of the furniture and draperies that you would want in your home are suitable for the classroom. There are strict requirements for furniture and draperies' fire retardant ability and resistance to cigarette ignition. In addition, the foam cushions must be resistant to flame spread and be certified to comply

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with strict regulations. Unless the documentation for the furniture can be produced and approved by the local fire department, it cannot be allowed in a classroom. Please have the local fire department review any household furniture's use in the classroom (101:10.3)

Although not expressly disallowed by the code, the use of cooking appliances in the classroom is not recommended. In addition to inherent fire safety concerns, a carafe of boiling hot coffee or water is not good to have around small children, and we have all had experiences with the extreme heats that can be produced in food that has been microwaved. All appliances, including microwaves and coffee machines shall be listed by an approved laboratory and should be in good working order. Their use should be approved by the local fire department. If a stove is installed in a classroom, the cook top shall be disconnected unless there is a hood system installed above the stove.

Most schools have some sort of stage or platform for performances. If this area is over 1,000 square feet in area, it is a "legitimate stage" and there are a number of requirements that must be met. The stage must have a sprinkler system, standpipes, and a wall separating the stage from the audience. In addition, all curtains and scenery must meet strict flame test requirements. Without these protections, it would be extremely easy for a plywood set from "Our Town" or similar production to overwhelm a fire suppression system and compromise the entire building. If you have a stage that is existing and over 1,000 square feet and without standpipes, please contact our office to request a variance in accordance with the NH State Fire Code. Similar variances have been granted in the past, and if the lack of standpipes is known the fire department can develop ways to compensate. (101:14/ 15.3.2.3 and 13:4.5.10)

Fire Drills:

NFPA 101 requires an Emergency Egress and Relocation Drill (Fire Drill) be conducted once a month while school is in session, with one drill being held within the first 30 days of school. The NH State Fire Code amends this to allow the drills to be suspended during the winter months after at least four drills have been held. In addition, no more than two of the fire drills can be replaced by drills that test emergency response to other hazards when the local fire department and NH Office of Emergency Management are involved in their planning. In addition, it is required that all occupants participate in the

drill. This includes not only all the students, but office and kitchen staff as well as the administration. (101:14/15.7.1, Saf-C 6008.04)

Storage and Egress Issues:

As mentioned before, storage is not allowed in any means of egress. There can be no enclosed, usable space within an exit enclosure (to include stairwells), nor shall any open space within the enclosure be used for any purpose that has the potential to interfere with egress. (101:7.2.2.5.3) The responsibility falls to the principal to conduct daily checks for these items. (101:14/15:7.2.1) It is also important that any hazardous materials being stored within the building be reported to the fire department. The fire department should have an up to date list of the chemicals and materials kept within the school. This is especially important in high school biology and chemistry laboratories and vocational auto body shops. This is required of both public and private schools.

System Maintenance and Testing:

With any mechanical system, without maintenance it will fail. This is of course true of fire alarm, emergency lighting, and sprinkler systems. The NH State Fire Code provides guidelines for each of these systems, and the most efficient way to achieve this is to have a trained and competent contractor test and repair the system as required. To often, untrained maintenance staff are required to fix these systems, and they are compromised. The sprinkler system and fire alarm system should be checked and inspected by the local fire department once a year, and the emergency lighting should be tested once a month with a full battery discharge once a year (NFPA 25 table 5.1, 72, and 101) It is also extremely important that sprinkler heads be protected during painting as they are easily compromised when painted or damaged.

Fire Safety vs. Security Concerns:

Schools have more threats than ever imagined before when constructing and operating a building. It has become a balancing act between security and fire safety. Unfortunately there are too many issues to properly discuss here. Please contact your local police and fire departments or our office to address any specific issues you may have, and if you want to look into these issues further, you may want to take a look at www.sfpe.org, and click on the Fall 2003 edition of Fire Protection Engineering. There are a number of articles about this very subject available there.

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TRAUMA CARE: Understanding how the system works. Second in a 4-part series.

Traumatic injuries are a significant problem in New Hampshire and are the leading cause of death for all individuals between the ages of one and thirty-four. Trauma is also a leading cause of disability, limiting citizens during the most productive years of their lives.

The goal of any trauma system is to reduce related deaths and disabilities through communication, cooperation, planning, and organization of all phases of care. A lack of a systematized response to trauma often results in delays in transporting patients to hospitals that can provide care appropriate to the patient's injuries. For patients whose injuries are time sensitive, these delays increase the probability for death or permanent disability.

Patient Triage

The majority of trauma patients will not be severely injured and all New Hampshire's hospitals are fully capable of caring for them without transfer to another facility. But for the few patients who exceed local hospital capabilities, it is in the patient's best interest to move them quickly to a higher level of trauma care. A difficult aspect of good trauma care is being able to quickly identify the severely injured from the majority of less injured and initiating a rapid transfer concurrently with stabilization. Trauma specialists have been developing and refining reliable and efficient mechanisms to triage trauma patients for decades. Triage is very important to a trauma system as it determines the flow of patients and ensures that expensive resources are used in a manner that benefits the most patients. Appropriate triage yields better outcomes in terms of decreased mortality and a better quality of life for the survivors.

Appropriate triage and transfer begin with the initial assessment, either at the scene or in the receiving hospital. Assessment should follow a scheme that is simple and reliable and minimizes the potential for under-triage. Rather than relying on any single factor, it should be the result of multiple considerations that include common sense, critical historical factors, and clinical assessment. Common sense is necessary for unique regional factors such as geography, weather, or traffic and will also dictate rapid transfer of some obvious types of injuries including significant burns and amputations requiring implantation. All would readily agree that these patients should be transferred to a tertiary facility specializing in the appropriate care.

Critically injured patients clearly benefit from appropriate trauma care. As EMS providers in the field, it is often up to you to ensure that the patient gets on the path to appropriate trauma care. To help providers recognize the appropriate patients who should be admitted to the trauma system, the Bureau of EMS in conjunction with the NH EMSC Project have developed a Pediatric and Adult Trauma Triage and Transport Pathway poster which is available by calling the Bureau of EMS at (888) 827-5367. The series next installment looks at Trauma Scoring, Algorithms and Patient Status Levels of the New Hampshire Trauma System on Trauma Triage.

Big Kids Need Booster Seats

Beginning January 1, 2004, NH law will require that children ride in an appropriate car seat until they are six years old or are fifty-five inches tall.

Booster seats raise a child so that the lap and shoulder belts ride on their thighs and shoulder to protect then in a crash.

How can you tell if your child is safe?

- * Can your child sit all the way back against the auto seat?
- * Does you child's knees bend comfortably over the edge of the auto seat?
- * Does the belt cross the shoulder between the neck and the arm?
- * Is the lap belt as low as possible, touching the thighs?
- * Can the child stay seated like this for the whole trip?

If you answered NO to any of these questions, your child needs a booster seat! Kids in booster seats can see out the window and are usually more comfortable. For more information call the NH Child Passenger Safety Program toll free at 1-877-783-0432.

NEW HAMPSHIRE EMERGENCY MEDICAL SERVICES PRESENTS TOP HONORS

The Bureau of Emergency Medical Services honored the recipients of five statewide awards at the North Country EMS Conference in Bartlett, NH. On October 18, 2003, Suzanne Prentiss, Chief of the Bureau of EMS, and Dr. Joseph Sabato, Chairman of the EMS & Trauma Services Coordinating Board, delivered the 2003 top honors at a banquet with over 200 in attendance.

This was the eighth year of Bureau presented statewide EMS awards. Nominated by their peers, the award winners have been recognized in a number of areas important to pre-hospital emergency medicine, including heroism, achievement, education and outstanding service to the system.

The Pamela Mitchell/Richard Connolly Memorial EMS Achievement award has been awarded to an EMS Provider/ Educator from Seabrook, New Hampshire. Richard Cooper received this award for his outstanding contributions to the EMS System of New Hampshire.

The Lawrence A. Volz Memorial Heroism Award was presented to the Salem Fire Department - Group 4 members for their acts of bravery and unique use of rescue equipment during a cold water rescue this past winter.

The BoundTree Corporation Unit of The Year Award has been given to the Monroe First Aid Stabilization Team (FAST) Squad for exemplary EMS services to their community. Involved in public health education projects and various annual community events, this Department stands out as a group of volunteers who truly make a difference.

The Dr. David J. Connor Memorial EMS Appreciation Award has been presented to Dr. Douglas McVicar of Spear Memorial Hospital. The "Connor Honor", as this award is affectionately known, has been given to Dr. McVicar for his accomplishments in changing the face of EMS. Dr. McVicar has been the chairman of the EMS Medical Control Board for over five years and has given his time and energy to countless Bureau projects in order to enhance the New Hampshire EMS and Trauma System.

The fifth award, entitled "EMS Educator Of The Year", has been given to an Educator form the North Country. Ms. Jennifer Frenette of Lancaster, NH, has been an EMS Educator, Provider and committed advocate to EMS for more than a decade and is currently working with the North Country Health Consortium as their Community Health Coordinator. A licensed EMT-Intermediate and EMS Instructor/Coordinator, Ms. Frenette has been honored for her contributions and commitment to EMS education and training in New Hampshire.

Each of these awards is presented annually. The nomination form and award criteria are posted on the Bureau web site under "Awards": www.state.nh.us/safety/ems.

THE HUNDRED CLUB

From: Skip Sullivan

One of the first things that I did when I retired from the fire service five years ago was to join the Hundred Club of New Hampshire. As you read this article, how many of you are saying to yourself "So, what is the Hundred Club"? Surprisingly enough, there are members of the fire service in the State of New Hampshire that have never heard of "The Club with A Heart".

When ever a law enforcement officer or a firefighter is killed in the line of duty, the Hundred Club steps in to provide financial assistance to the family of the victim in their time of need. To read more about what this organization is all about, log onto www.hundredclub.com.

At the recent annual dinner meeting of the Hundred Club, I noted the heavy involvement and presence of the law enforcement community. But the fire service was no where to be found. When I inquired as to why, many fire service people stated that "They had never been asked". Well now you are being asked by me and Mike Bucci, the executive director of the club. Support this organization, how? By recruiting business and professional people in your community or just ordinary citizens that just want to "be there for their public safety officers". Obviously an organization like this needs financial resources in order to function. And those resources come from the members and their annual dues of \$150.

Very soon members of the New Hampshire Association of Fire Chiefs, the Professional Firefighters of New Hampshire and the New Hampshire State Firemen's Association will be receiving information from Mike Bucci's office. Read it and act on it. If everyone reading this publication could recruit one new member from their community, the fire service would be a solid supporter of the organization that supports our families in the time of need.

NEWSLETTER SUBSCRIPTIONS AVAILABLE AT NO CHARGE TO NEW HAMPSHIRE FIREFIGHTERS

Subscriptions to the quarterly Newsletter are available to NH Firefighters at no charge simply by completing the request below.

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